



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Pullen Community Center

Fall 2013

Programs and Classes

Preschool/Youth Programs

Turkey Story Hour

Age: 2-5 yrs.

Join us for this story hour that is all about turkeys. We will read several children's books and make a fun turkey craft at the end. Parents are required to stay with their children. Please pre-register.

Class Fee: \$0

#147028 Nov 7 Th 9:00 AM-10:00 AM

Bricks 4 Kidz, Parent & Me Program

Age: 2-4 yrs.

Watch your preschooler's eyes light up as they dig into a pile of brightly-colored DUPLO® Bricks! Engaging models based on the ABCs are blocks of our Bricks 4 Kidz preschool curriculum. Each week children build a simple model based on the letter of the week, while practicing essential preschool skills including: letter recognition, patterning, colors, counting, fine motor skills, positioning and ordering.

Class Fee: \$75

#154036 Oct 22-Nov 26 Tu 10:15 AM-11:15 AM

Bricks 4 Kidz, Pre-School Class

Age: 4-5 yrs.

Watch your preschooler's eyes light up as they dig into a pile of brightly-colored DUPLO® Bricks! Engaging models based on the ABCs are the building blocks of our Bricks 4 Kidz preschool curriculum. Each week children build a simple model based on the letter of the week, while practicing essential preschool skills including: letter recognition, patterning, colors, counting, fine motor skills, positioning and ordering.

Class Fee: \$75

#154037 Oct 25-Dec 6 F 1:30 PM-2:30 PM

Bricks 4 Kidz, After School Program

Age: 5-12 yrs.

Bricks 4 Kidz® after-school classes build on the universal popularity of LEGO® Bricks to deliver a high quality of educational play. Children construct a new model each week based on exciting themes from space to sports, amusement parks to animals. Children will also build self-confidence, foster teamwork, and get to use their imaginations.

Class Fee: \$75

#154038 Oct 22-Nov 26 Tu 4:15 PM-5:15 PM

Ornament Decorating

Age: 5-9 yrs.

This is a busy time of year for everyone. Parents, do you have a lot going on? Sign up your child to decorate ornaments with us while you get a break. Children will be making and decoration ornaments that they can take home. Pre-registration is required. Please note that the date did change from December 13th to December 20th.

Class Fee: \$5

#147021 Dec 20 F 5:30 PM-8:30 PM

FIZZical Fun

Age: 3-5 yrs.

During this class children will participate in fun, exciting, active and age appropriate activities that work on gross motor development skills.

This class is very physically active, providing a great outlet for all that energy. All the activities we will do help children learn the names of the different parts of their bodies and muscles and great ways to move them! Music plays a big part in all of the dancing, moving and playing, and also singing some songs together as well! These are drop in classes, which makes them convenient to bring your children to when you can. Please pre-register your children.

Class Fee: \$10

#154030	Nov 5	Tu	10:30 AM-11:15 AM
#154031	Nov 12	Tu	10:30 AM-11:15 AM
#154032	Nov 19	Tu	10:30 AM-11:15 AM
#154033	Dec 3	Tu	10:30 AM-11:15 AM
#154034	Dec 10	Tu	10:30 AM-11:15 AM
#154035	Dec 17	Tu	10:30 AM-11:15 AM

Adult Programs

Ballroom Dance - Friday

Age: 18 and up

Dance the night away with your favorite ballroom dances every Friday night. Weekly admission fee.

Class Fee: \$2

#146070	Oct 11	F	7:00 PM-9:00 PM
#146071	Oct 18	F	7:00 PM-9:00 PM
#146073	Oct 25	F	7:00 PM-9:00 PM
#146074	Nov 1	F	7:00 PM-9:00 PM
#146072	Nov 8	F	7:00 PM-9:00 PM
#146076	Nov 22	F	7:00 PM-9:00 PM
#146079	Dec 20	F	7:00 PM-9:00 PM
#146080	Dec 27	F	7:00 PM-9:00 PM

Voice Over

Age: 18 and up

VOICE-OVERS are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! You'll learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Ivan-Jesus Blanco will discuss the voice-over business as a whole, the numerous opportunities, the incredible income potential, and will discuss the all important 'demo' and how to have it produced. You'll step up to the

mic and do some practice recording, and best of all, you'll hear the results!

Class Fee: \$35

#153246	Nov 12	Tu	7:00 PM-9:00 PM
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Beginner Bridge Classes

Age: 18 and up

If you are new to bridge or just want to brush up on the basics then this class is for you. Topics covered include: etiquette, rank of suits & counting points, opening bids & responding, raising your partner, preemptive bids, the overcall, score keeping, game points, doubles, and the finesse. Conventions covered are the Better Minor, Short Club, Blackwood, Gerber, and Stayman. Sessions are hands on and accompanied by a syllabus. Please pre-register for this class.

Class Fee: \$35

#154028	Nov 4-Dec 2	M	10:00 AM-12:00 PM
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#154029	Nov 6-Dec 4	W	10:00 AM-12:00 PM
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Exercise - Weight Room/Fitness Centers

Age: 18yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Class Fee: \$10

#146613	Oct 1-31	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

#146614	Nov 1-30	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

#146615	Dec 2-31	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

Fitness Pass

Age: 18 and up

Interested in utilizing the Fitness Room but want to try it out first?

Register for a daily pass.

Class Fee: \$2

#146918	Oct 1-31	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

#146919	Nov 1-30	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

#146920	Dec 2-31	M-F	10:00 AM-9:00 PM
		Sa	9:00 AM-3:00 PM

Fitness - Pullen Personal Trainer

Age: 18 and up

Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only.

Class Fee: \$30/one hour session

#146886	Sep 3-Dec 28	M-F	10:00 AM-9:00 PM
		Sa	9:00AM-3:00PM

Yoga - Power Fitness

Age: 18 and up

A strengthening treat without the weights! Emphasis on alignment and an opportunity to challenge and deepen your practice. The pace

may be faster or include longer holds of poses. Most definitely not appropriate for beginners.

Class Fee: \$50

#146924	Sep 9-Nov 18	M	5:00 PM-6:15 PM
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Yoga Fitness

Age: 18 and up

Treat your body to much needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture, and stress relief.

Class Fee: \$40

#146925	Sep 4-Nov 13	W	5:00 PM-6:00 PM
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Yoga Fitness Plus

Age: 18 and up

Core strengthening and stretching. Surge into sun salutations, poses, and reflective meditation. Free flowing and fun which may include twists, bends and balance. Previous knowledge of yoga fitness is required.

Class Fee: \$60

#146927	Sep 6-Nov 15	F	5:00 PM-6:30 PM
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Senior Programs

Ballroom Dance - Wednesday Club

Age: 50 and up

Calling all adults ages 50 and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to join the Pullen Park Wednesday Night Dance Club at Pullen Community Center. This club meets every Wednesday night to enjoy and dance to live ballroom music. Some of the popular tunes played are foxtrot, waltz, swing, and Latin.

Class Fee: \$8 per person

Wednesday nights, 8-10:30pm

Golden Years Clubs

Age: 50 and up

The Golden Years Clubs are composed of persons 55 and better, anyone meeting the age requirements may join. Interested persons are invited to join as many of the clubs located throughout Raleigh. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For information on a specific club, contact the Club Leader indicated for each group.

Class Fee: \$0

Wednesdays, 10am-12:30pm

For more information on our classes and programs please contact us at **919-831-6052**